



Condors lose to the Sting

Men's varsity team suffers disappointing loss.
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SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



Student wins \$3,000
Ian Hartman now eligible for Wood WORKS! Awards.
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MONDAY, NOVEMBER 2, 2009

CONESTOGA COLLEGE, KITCHENER, ONT.

WWW.CONESTOGAC.ON.CA/SPOKE

41ST YEAR - NO. 22



PHOTO BY ALEX COOKE

Crews from Sousa Concrete started building Doon campus's new parking lot on Oct. 19. It will feature 295 parking spaces, but comes at the expense of green space. The third baseball diamond located behind the recreation centre at Doon campus was also removed. The new parking lot is expected to cost more than \$400,000.

Paving over paradise

Third baseball diamond sacrificed as well as green space for new parking lot

By ALEX COOKE

Construction on Conestoga College's new parking lot started Oct. 19, paving the way for an additional 295 parking spaces at Doon campus.

The new lot is located behind the recreation centre and will cost between \$1,200 to \$1,500 per space.

Contracted to Sousa Concrete, the site for the lot has been filled with trucks and equipment rumbling, digging and tearing down fencing from the third baseball diamond.

Kevin Mullan, vice-president of corporate services, said the new lot will be finished by the end of November, weather permitting. Don't line up for parking passes just yet though.

"Students can buy a monthly parking pass, but there is a waiting list," Mullan said.

If I have a six-hour day at the campus, it could cost me almost \$20.
— Jenn Pidgeon

The waiting list for parking passes is almost 300 people long, but as of Oct. 26, a new Park Card was introduced at the college.

"It (the Park Card) works much like a Tim Hortons card works," said John Anderson, security representative. "They can recharge the card at the security office."

Students can swipe the card at parking meters and at the pay and display, and decide in 25 cent increments how much

they want to pay.

Jenn Pidgeon, a first-year radio broadcast student, wants to see a day pass introduced as a parking option.

"If I have a six-hour day at the campus, it could cost me almost \$20, since the parking meters are \$3 an hour," Pidgeon said.

Despite the environmental impact another parking lot might have, the lot is more than necessary because a large number of students who attend Doon campus drive in from other cities.

Vice-president of student affairs, Mike Dinning, admitted in a college council meeting on Oct. 5 that compulsory bus passes for students, to decrease the number of cars on campus, would not work. Doon campus would need a larger student population living closer to the college to facilitate an increase in bus services.

H1N1 shot not popular

By JUSTINE REIST

The H1N1 vaccination has faced its share of myths, media hype, pressure and doubt.

With almost one-third of students at many schools at home sick with mild cases of H1N1, it is beginning to take a toll.

"My sister got it and then I got it," said Lisa Phillips, a first-year visual merchandising student. "I'm sure it's only going to spread around my house."

Hospitals and health officials are urging people to get the vaccination when it is made available.

On Monday Oct. 26 the vaccination was made available to health officials and those who are considered to be at high risk for complications due to respiratory illness.

"I'm not happy that I have to get it," said Heather Grant, a nurse at Guelph General Hospital. "They don't even know the side-effects but I have to get it if I want to continue working."

Eligible groups to get the shot first included people over the age of 65 who have chronic medical conditions and pregnant women.

"There is no way I'm getting it," said Marilyn Rider, a 70-year-old Guelph resident. "I've had enough problems with the flu shot. I'm not putting anything else in my body when they don't know the side-effects."

Although the Health Agency of Canada says that no real side-effects have been reported, Canadians are still uncomfortable with the idea of being vaccinated.

"No way, no how," said Phillips. "The only time I got the flu was when I got that damn flu shot. Myths or not, I'm not willing to risk it."

The media is reporting side-effects that include possible neurological damage as well as contracting the virus directly from the shot.

H1N1 has reportedly killed 86 Canadians.

"Yeah, and how many people will the vaccine kill?" Rider said.

H1N1 flu shot clinics at Conestoga are being held at the Doon campus, Nov. 4, 6 and 13, from 11 a.m. to 3 p.m. in Rm. 3E02, at the Waterloo campus Nov. 11 from 9:30 a.m. to noon in Rm. 1C02, and at the Guelph campus, Nov. 11, 1 to 3:30 p.m. in Rm. A17. An OHIP card is needed.

Condors lose in quarter-finals

By CHRIS BATT

The Conestoga Condors women's varsity soccer team was shut out 3-0 in the Ontario Colleges Athletic Association quarter-finals by Durham College on Oct. 20.

The team gave up only one goal in the first half to Durham, who lead the league in goals this season with 59, and held a 9-1-1 record on the season. However, the Condors had a difficult time finding an offensive presence, and gave up an additional two goals in the second half.

This is the team's second trip to the quarter-finals in two years, losing both times. The Condors held an even record this season of 4-4-3. Coach Aldo Krajcar is happy with the season but also sees

room for improvement.

"My overall impression of the women's team is that as a team we are not physically fit, so we get scored against because of that," said Krajcar. "We usually play well enough in the first half and because of a lack of fitness we lose games in the second half."

Despite the disappointing loss, Krajcar is looking forward to next season.

"The things that I like are that every year the team is getting better, and more players are coming to tryouts," said Krajcar.

"For next year I will try very hard to recruit quality players in the off-season, and give them a fitness program which they have to meet when they come to school in September."

Now deep thoughts ... with Conestoga College

Random questions answered by random students
**What was the most embarrassing
Halloween costume
you've ever worn?**



"A baby. I had tights on and a diaper."

Pam Adamkiewicz,
first-year
office administration

"I was a gypsy dressed in rags. It was embarrassing but then I had a few drinks and it was OK."

Charlene Downs,
first-year
office administration



"I was a lion when I was six or seven. I had a Velcro tail and looked like an idiot."

Matt Hrycyk,
third-year
computer programmer analyst



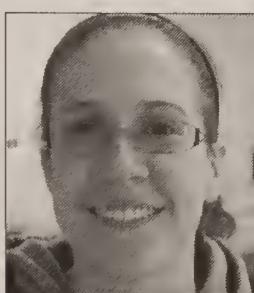
"I was Batman and it was embarrassing because I was wearing the same thing as 10 other people."

Juan Arredondo,
third-year
computer programmer analyst



"When I was a vampire, it started raining and my makeup started running down my face."

Caitlin Keller,
first-year
business management



"One year I had no costume but I still entered a costume contest claiming to be Tony Hawk. I didn't win."

Hugo Agostinho,
first-year
hearing instrument specialist



Smile Conestoga, you could be our next respondent!

TABLE TENNIS A POPULAR PASTIME



Zack Brown, a first-year accounting student, takes some time off from the daily college grind to play ping pong on one of the many tables at the Doon campus.

PHOTO BY GREG COWAN

Firefighters take it off for charity fundraiser

By ALEX COOKE

For 17 years local firefighters have been stripping down for the enjoyment of women and more importantly, for children's charities.

In May, organizers of the firefighters' calendar held auditions at Dallas, a bar in downtown Kitchener. Twenty local firefighters vied for a page in the calendar, performing before a panel of judges and an audience of screaming women. Fifteen men were chosen to appear in the calendar, 13 in it, and two alternates featured on the back cover.

To avoid becoming redundant, the fire department decided not to make a calendar every year. They've opted to leave a couple of years between each calendar in hopes of creating more of a buzz around topless firefighters, as if a buzz was needed.

Andrew Linthorne, a firefighter for five years and a graduate of Conestoga College's pre-service firefighter program in 2002, was one of the last contestants to perform.

"I was close to the end of the show and personally, I was terrified," Linthorne

admitted.

He didn't have a specific theme for his audition, instead dancing to Britney Spears' Piece of Me and Tim McGraw's I Like it, I Love it.

"I just basically did a slutty dance to Spears, and a line dance to the other song," said Linthorne.

He did have a moment when he saw a door close to the stage, and thought he could still make a run for it. However the razzing he would have suffered if he had taken off would have been far worse than dancing for a room full of women.

Captain Jason Zinger's theme for the audition was dancing to Van Halen's Ice Cream Man while handing out ice cream to women in the audience.

"I was the first one up, so the pressure wasn't as intense (for me) as those who went last," Zinger said.

Zinger's father, Don, was a volunteer firefighter in Elmira, and he followed in his father's footsteps after a neighbour asked him to join the ranks. Before that Zinger spent a decade working as a mechanic.

The stereotype of hunky firefighters, and the women

who find them irresistible, is not new. Darcy Metzger has seen it all in his 18 years of service, but pays little attention to the hoopla surrounding the stereotype.

"It's an ego boost, but nothing I strive for," Metzger said.

What's more important to him is the camaraderie he shares with the men he works with and for.

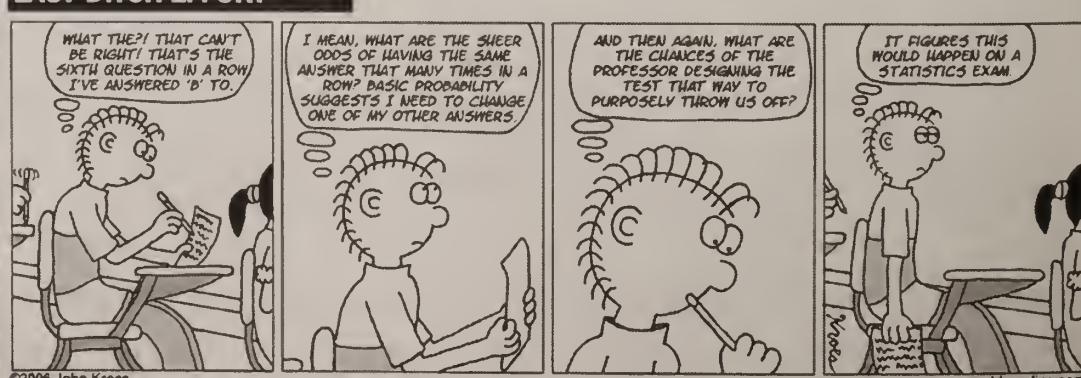
"That is the best aspect of this situation," he said.

The calendar is available for sale at the 270 Strasburg Rd. station. They cost \$15 each, and all proceeds go to the Children's Wish Foundation and Clarky's Kids, a charity that buys tickets for kids who are ill so they can attend Kitchener Rangers games.

CORRECTION

In a story in the Oct. 26 issue of Spoke, firefighters selling their calendar at an Oktoberfest celebration were said to be from the 270 Strasburg Rd. firehall. In fact, they were from stations throughout the city. Spoke apologizes for the error.

LAST-DITCH EFFORT



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How do you feel about surveys?

By DANE BRASON

Have you ever been asked to complete a survey but never felt comfortable doing so? If so, now is the time for you to voice your opinion.

Dr. Maureen Nummeling and Dr. Jane McDonald from Conestoga College are inviting all students to complete an online survey that is gathering information on students' perceptions about and experiences with being recruited to participate in academic research.

The purpose is to find out if students are comfortable completing these types of surveys. Are schools too forceful when asking students to complete them and are their answers being influenced by the fact that some studies are course requirements?

"We are allowing our students to participate in research appropriate for them in order to get adequate information to protect against any vulnerability they may have," said Nummeling.

The survey is being conducted at eight institutions including the universities of Waterloo, Guelph, McMaster and Western and at Conestoga, Fanshawe and Mohawk colleges.

Students are also helping conduct this ground-breaking survey at each of the institutions. Janelle Bakker and Meaghan Sinden, both fourth-year students at Conestoga, have been asked to be research assistants for this survey.

"I think it is really awesome that this study looks at how we, as students, feel being

part of research, and how we feel about being approached for research," said Bakker. "This is a topic that has never been looked at before, and the results could change how researchers approach students in the future."

Sinden said, "We are hoping that the results of this study will give us a better understanding of whether or not they did the study simply out of interest due to being offered an incentive of some sort.

"Being a student myself and being considered a part of a vulnerable group that is often targeted for academic research, and being directly involved in the study, I think it is very interesting."

If you have any questions about the survey contact Nummeling at 519-748-5220, ext. 3859. Anyone wishing to participate should visit www.surveymonkey.com/Conestoga-student-survey.

The survey is confidential and you do not have to have participated in a research survey prior to this one in order to complete it.

It will take no more than 15 minutes to finish it.

Students who would prefer to do the survey in person can do so by contacting Nummeling at 519-748-5220, ext. 3859 or by email at mnummeling@conestogac.on.ca

All information that students provide in the survey will be kept confidential.

The results of the study will be available in the spring of 2010, and will be published in Spoke, on posters posted around the college and on Facebook.

Motorist tracks down driver in Homer Watson hit and run

By NICK DASKO

Police closed the intersection of Pioneer and Homer Watson near Conestoga's Doon campus on Sunday, Oct. 25, as they investigated a hit and run that killed a pedestrian. Joanne Heydon, 80, was hit by a pickup truck as she was crossing Homer Watson Boulevard.

The force of the impact carried Heydon, who died from head injuries, 20 metres. Sgt. Fred Gregory of Waterloo Regional Police said the truck hit Heydon as it was making a left-hand turn onto Homer Watson from Pioneer.

After driving about 100 metres the truck stopped briefly then continued toward Highway 401. As four bystanders came to the aid of Heydon, another motorist followed the truck and alerted police. When the driver exited the westbound 401 a few kilometres away, police made their arrest.

Police have commended the driver who pursued the fleeing pickup truck. At the time of the accident, alcohol and speed were not considered factors.

A 19-year-old male from Woodstock has been charged.

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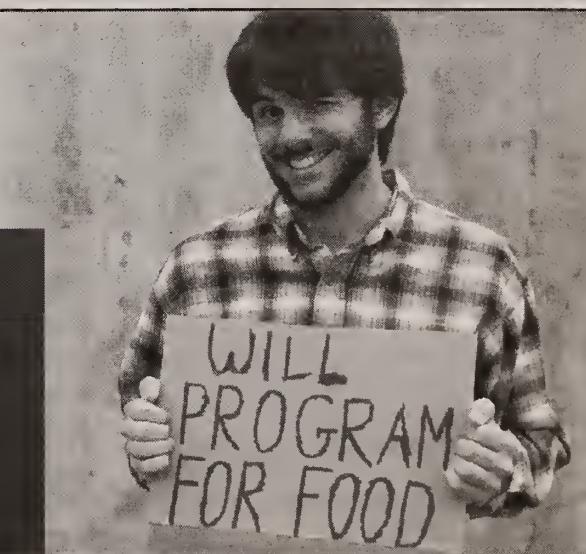
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All-boys school a step backward

BY LISA BUCHER

Society isn't segregated by gender, so why would we choose to separate males and females, sending them out into the world unprepared to deal with each other?

Creating an all-boys school and 300 boy-friendly classrooms is the Toronto school board's solution in an attempt to deal with the issue of poor academic performance by young men.

Many people argue that separating males and females has worked in the private school system. However, what they fail to realize is that it has nothing to do with separating the genders and everything to do with socio-economic status.

Boys in private schools, like Upper Canada College, are by no means disadvantaged. It costs around \$30,000 a year to attend and only if you are accepted. These boys have all the advantages in the world given to them on a silver platter. Boys attending any private school, co-ed or not, won't get away with the things boys in public schools can. In all private schools, the parents are paying a lot of money and their child can be kicked out, so parents are more involved. If their child is acting up in class, instead of denying the situation, they are on top of it as soon as possible.

Some people argue that we already have segregation with French immersion and French schools, aboriginal schools and more recently, an Africentric school, what is one more separation? However, all of these schools are focused on minorities and their cultural needs and maybe separating them isn't the answer either. Are we helping minorities by segregating them or are we fostering ignorance toward their culture within the general population?

Instead of having an all-boys school, restructuring our educational programs to accommodate boys may be a more feasible and fiscally sound option. This may mean putting more emphasis on sports and physical education classes with importance on the placement of these classes during the day. It would also mean more hands-on, kinesthetic and spatial-mechanical lessons. What boys and young men also need are proper role models and social programs.

Maybe learning tolerance and acceptance of each other's differences is a more powerful lesson than this quick fix solution.

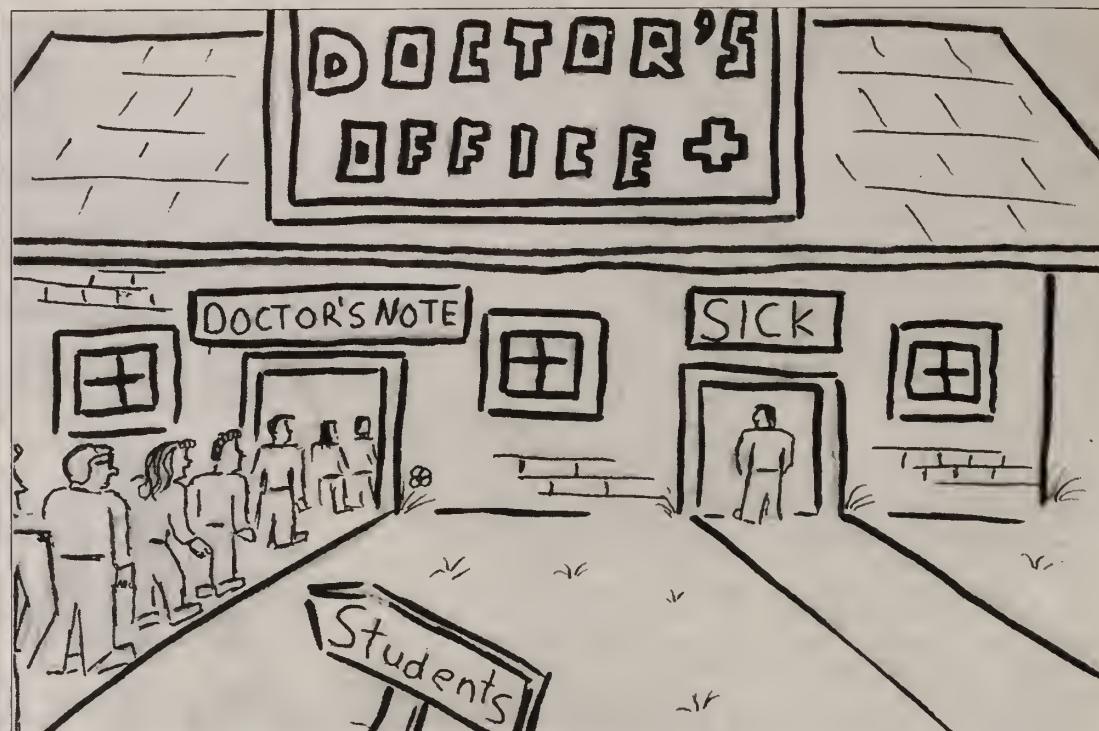
The views herein represent the position of the newspaper, not necessarily the author.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification. No unsigned letters will be published. Letters should be no longer



than 500 words. Spoke reserves the right to edit any letter for publication. Address correspondence to: The Editor, Spoke, 299 Doon Valley Dr., Room 1C30, Kitchener, Ont., N2G 4M4



College policy failing students



Gillian
Webber
Opinion

The most stressful thing I have experienced to date while attending Conestoga College had nothing to do with exams or final assignments: it was the week I got the flu.

After a semester and a half of exemplary attendance, I made the mistake of catching the seasonal influenza virus (this was before the fancy H1N1 strain) and missed two days of school. I spent the next week frantically trying to track down the doctor's note that is required by the college's zero tolerance policy in order for students to hand in missed assignments.

It turned out to be quite the odyssey. My first stop was to the on-campus doctor where I was told that appointments were being booked into the next week. When I asked if it made any difference that I only needed a sick note, the office's receptionist informed me that the doctor would only give notes while the patient's symptoms were still in full swing.

I asked the receptionist if that meant I should have travelled by bus for two hours to the college and then two hours back with my bucket in tow in order to qualify for a note. The reply was a simple "yes." How's that for realistic or compassionate?

I am one of the few people

lucky enough to have a family doctor in town. However, when I called the office and explained my situation I was told that my doctor was swamped with patients who needed medical treatment and she would not be able to see me until the next month. This was when I started to get upset.

I was a good student who unfortunately came down with an unpleasant if temporary illness and I was jumping through hoops to prove that I was trustworthy. It felt as though the zero tolerance policy was putting my teachers in the position of assuming I was a liar.

A friend and classmate recently caught the flu bug and made the trip to the doctor's office to procure the required note. The document waiting at the front desk for her berated the college for a policy that "represents an inappropriate burden to an already overburdened health-care system."

It's not just those who get sick who get roughed up by

this policy. I know more than one student who fears that one morning in January their car won't start and they will simply be out of luck when it comes to missed assignments and tests.

It is also shocking how many teachers are unclear about the details of a policy that often determines a student's academic fate.

As recently as last week, one of my teachers insisted that even though I had provided a doctor's note after missing one of her classes, she would still have to consult the program co-ordinator because she believed that the policy required me to email her explaining my absence as well.

Conestoga College has recently adapted the policy to exclude those suffering from the H1N1 virus, however, it's time to reconsider a policy that was put in place to keep "a few bad apples" from scamming the system but, in reality, is often impossible for honest, hard-working students to abide by.

In the end, things worked out for me.

My doctor has known me for many years and trusted me enough to fax a note to my home verifying an illness that had not required her care.

So what did this process accomplish?

SPOKE

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Been there, done that

Saw VI or Paranormal Activity? These are the only two horror films battling it out at the box office this month.

The problem with Saw is it needs to find an end. I found myself yawning trying to stay awake at a movie that is like so many I've seen before. But then again, Paranormal isn't that much better.

Ten years ago The Blair Witch Project came out, having movie-goers believe it was chronicling the last days of three students' lives. Now Paranormal Activity tries the same idea with a shaky camera and night vision.

The movie lacks true tension, and good acting too. I found the premise a bit hard to believe because of the actors' overacting.

The movie didn't live up to all the hype about it being the scariest movie of the year, but then again it hasn't been a



**Heather
Muir
Opinion**

great year for horror movies.

Since there wasn't much selection, movie-goers had to see one or the other. Paranormal Activity beat Saw VI at the box office in its first weekend of release Oct. 16, bringing in \$22 million, compared to the \$6.3 million Saw VI brought in when it was released on Oct. 23.

I can just see this movie making it into a Keenen Ivory Wayans' Scary Movie.

Saw VI is just another no-end-in-sight continuation of watching people play a game of killing other people to stay alive.

Without giving away too

much, the movie Paranormal Activity is about a couple who move into a normal starter home, but soon are disturbed by a presence in the middle of the night.

The entire home video (I wouldn't call it an actual movie) takes place in the couple's bedroom.

If you like cheesy horror films that don't have any subplots, then go see it. If not, save your money and watch it when it comes on cable.

I didn't like the first shaky camera movie, The Blair Witch Project, and I didn't like this one.

Somebody, please break away from the home video-style horror flick and go back to the way horror movies used to be made, where you can tell who the killer is before the movie really gets started. Think outside the box and scare the heebie-jeebies out of me already.

LOST DOG GETS LOVE AT CONESTOGA RESIDENCE



PHOTO BY SARAH MACINTOSH

Students Laura Davidson and Caitlyn Wheeler helped front desk staff at the Conestoga Residence and Conference Centre take care of a lost dog found outside of residence. The dog, Abby, spent the day at rez until her owner was able to pick her up.

Assisted suicide should be allowed in Canada

At this moment there is a bill before the House of Commons that, if passed, would decriminalize assisted suicide. I would really like to see this bill become law so those who have lost the ability to end their own painful lives can get help if they so wish.

This month a survey was released which polled doctors in Quebec. Three out of four members of the Fédération des médecins spécialistes du Québec said that they would support euthanasia if it were performed under clear medical guidelines.

A common argument



**Nick
Dasko
Opinion**

against assisted suicide is the fallacy that people would be able to simply walk into a doctor's office and ask to be killed.

The proposed bill would require a lucid patient to have two consolations with a doctor, assuring the doctor that he or she comprehends the results of the procedure.

The doctor would also have to consult with a second physician before the procedure was carried out.

The fact is that people who will benefit from this won't be walking when it is performed. They will be suffering from debilitating conditions such as amyotrophic lateral sclerosis. Most people refer to ALS as Lou Gehrig's disease.

This is a condition that slowly shuts down a person's body by destroying the motor neurons that control every muscle. It generally begins with a person having some problems with their stability and balance. It progresses so

REZ STUDENTS ENJOY SUNDAE SUNDAYS

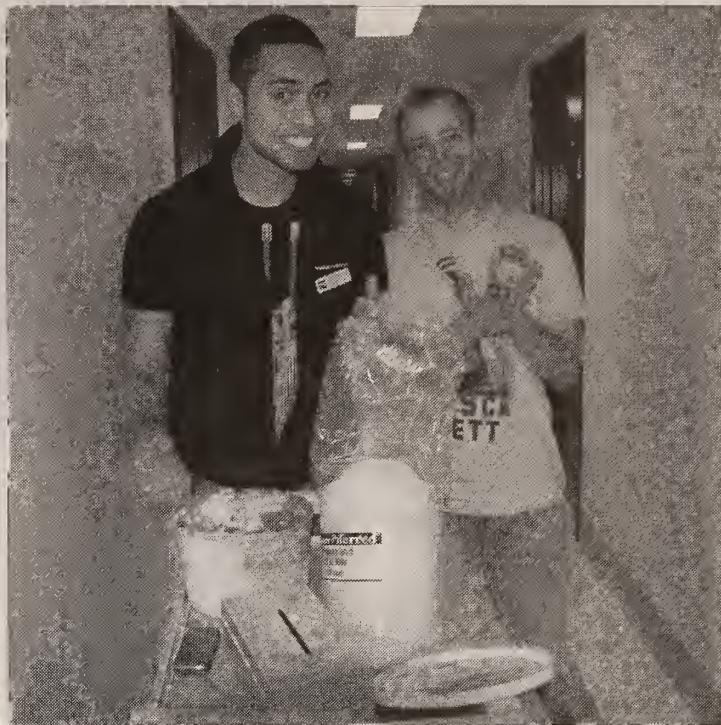


PHOTO BY SARAH MACINTOSH

Students Matt McArdle and Zoey Ross make their way door-to-door through the Conestoga residence selling sundaes for \$1 on Sunday Sundaes.

LETTER TO THE EDITOR

New parking lot not good planning

I cannot believe Conestoga capitulates to create yet more parking spaces, especially today, when "Green" has become the way to go! Here we go again, digging up more grass to create more pavement.

Perhaps a more thoughtful approach would have been for the college to lobby Grand River Transit to increase and improve bus services to the campus.

Before the bleating begins about not enough people using public transit, I'll suggest

that more people would take it if the service were improved in the first place. I know I certainly would.

Upper management at Conestoga has aggressively sought to increase student enrolment for this academic year.

They thus knew student numbers would increase. Why then did they not plan with better vision, and show by example a little hindsight, foresight and insight?

Ted Venema

that sufferers no longer can move their arms or legs. After this, as neurons die they lose the ability to talk or even move their head.

Eventually someone suffering from ALS will have no control of his or her bowel movements because the neurons that control the sphincters in their digestive system have been destroyed. They will also need a respirator to assist with breathing and they will be fully aware of all of this because their brain will still be fully functional.

Stephen Hawking is the best known ALS victim who is still living. He communicates

by twitching the only muscle he has control of, at this point, his right cheek. He is part of the 10 per cent of ALS sufferers who live longer than five years after diagnosis.

As there is no cure for this horrible disease, there is not much a doctor can really do to heal the patient in the traditional sense. What they can do is make the patient more comfortable.

If a patient wishes to end his life when he can no longer speak and no longer has control over his bowels, then it is the duty of the medical community to ease his pain, by any means possible.

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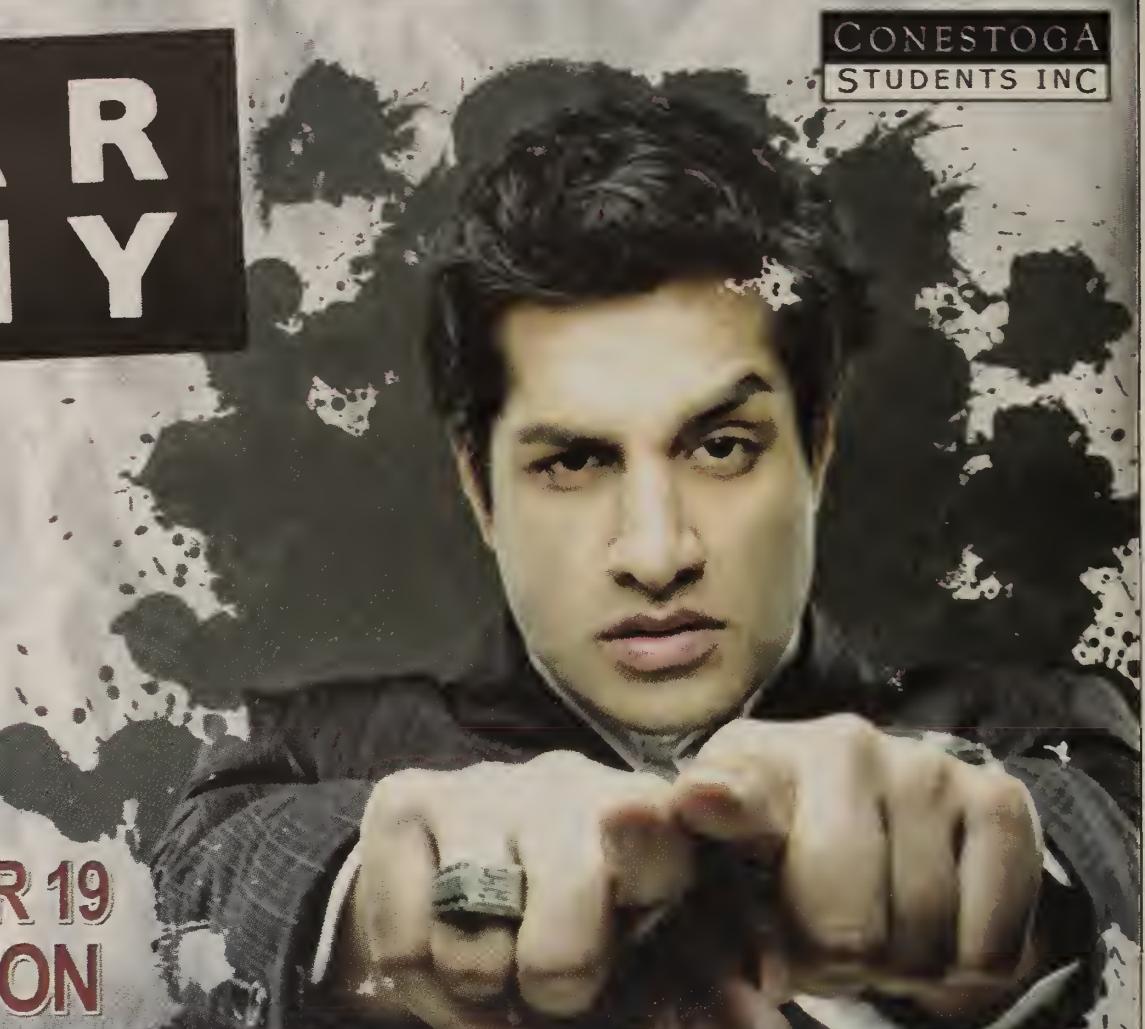
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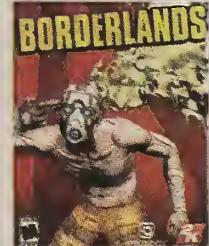
NOV. 26 FINALS



CONESTOGA
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FOR RULES, REGULATIONS AND DETAILS VISIT THE CSI OFFICE

The Nerdy Gamer reviews: Borderlands



"The FPS and RPG made a baby."

"Four-player online co-op."

"87 bazillion guns!"

Do I have your attention yet?

Game developer Gearbox Software has successfully combined two very different game genres: role-playing games and first-person shooters in their new game Borderlands. The title combines hack and slash game play with the loot system from most RPGs, adds FPS twitch-style shooting and then throws in an insanely large number of guns. Now, I was never that good at math, but that seems like a pretty good formula to me.

The game starts you off with your choice of four different characters; Roland, Lilith, Mordecai or Brick. Roland is a former soldier who is able to deploy a portable gun turret. Lilith is a siren who can turn invisible and "phase walk" around enemies to damage them. Mordecai is a hunter, specializing in sniper rifles

and revolvers and launching his pet bird Bloodwing at enemies. And Brick is a berserker, who is all too willing to put his guns aside in favour of punching things until they die. Each character has his or her own skill trees, so players can customize to make their character feel like their own.

As you step off of the bus, you are welcomed to the post-apocalyptic-type world of Pandora by one of the "Claptrap" robots, the tour guides of this planet. These little guys provide comedic relief and are extremely well-written and voiced. The whole game has a cel-shaded look to it, which makes both the enemies and scenery really stand out, and makes it quite easy on the eyes.

The story has you looking for the mysterious Vault, where legend has it that vast stores of alien technology and secrets can be found. You progress through the game by helping out residents of Pandora with quests, usually by defeating various bandits

and wildlife, while a mysterious "Guardian Angel" helps guide you during important story missions. While it isn't the type of story from most RPGs, what is there works for Borderlands.

That earlier claim about the number of guns may not be far off. There are many different gun companies in the game, and you have your choice from sniper and battle rifles to shotguns, pistols, rocket launchers and more. Each gun has its own unique style, look and even sound. This helps keep finding loot interesting, as you are always looking for the gun that suits you.

And what would a plethora of guns be without enemies to fire at? The wildlife on Pandora is extremely vicious, attacking most things on first sight. The real fun is fighting against the more intelligent enemies, such as bandits. Snipers will duck behind cover, only popping out to fire off a magazine and then hide again. Angry mutant midgets

chase you around with shotguns that blow them off their feet when they fire. Hulking brutes that are literally on fire chase you down to punch you.

Where the game really shines is when you hop online with some friends. The enemies get tougher and the loot drops get better for every player in the game. Talking to each other on the headsets, making tactical plans on how to storm the guarded area; or

just saying "BOOM headshot" feel very fitting in this survive against all odds game play.

With phenomenal writing, great visuals, responsive enemy A.I. and more guns than you know what to do with, Borderlands will have you saying "just one more quest, then I'll go to sleep." The next thing you know, it is four in the morning. Very few games have this kind of effect on me. Rating: 7 out of 7



INTERNET GRAPHIC

Roland, Lilith, Mordecai and Brick are the four playable characters in Borderlands, each with their own unique powers.



Above: Conestoga College accounting students Beth Awry and Patricia MacGregor study hard for their cost and management mid-term exam.

PHOTO BY LISA BUCHER



Right: This country lane on a horse farm in Kitchener shows its fall colours. They won't last long with temperatures below seasonal averages on their way.

PHOTO BY JANELLE SCHEIFELE

Scenes and seen around Conestoga College



Top right: Christine and Kristen of Fergus hold up a pair of men's boxers that were lost on the dance floor at the Stampede Ranch in Guelph on Oct. 22. The DJ announced the lost garment and asked the owner to collect it from the DJ booth.

PHOTO BY HEATHER MUIR



Right: A lineup out the door is not a rare sight at The Fritter Co. located at St. Jacobs Farmers' Market. The market is open Thursdays and Saturdays year-round and is north of Conestoga Mall off King Street.

PHOTO BY GREG COWAN

COUNSELLOR'S CORNER: Test Anxiety

Most students experience some anxiety before tests. In fact, a little anxiety increases your alertness and can actually enhance your performance. Anxiety however, can cross the line from being a positive energy to becoming a distressing drain. Often such anxiety has a strong worry component. Do any of these thoughts sound familiar?

Worry about performance:

I should have studied more.
I can't remember a thing; this always happens to me.
My mind goes blank...I'm not cut out for this.
I have to get an "A".
I'm going to mess up and look stupid.

Worry about what others are doing:

Everyone seems to know this stuff but me.
No one else looks like such a wreck—what a loser!
Everyone's finished but me—I must be dumb.

Worry about negative consequences:

What if I fail; I'll fail the course, the program...I'll never make anything of myself!
I'll never get the job I want.
I'll never be able to handle college studies.
I'll have to ace everything else in the course—how can I do that?

Worry about bodily reactions:

I feel sick—I'll never get through this.
I'm sweating all over.
Here it comes again. My hands are shaking; my head aches. Normal people don't do this.
I feel like I'm going to get sick. Maybe I should leave.

Any of the above worries increase anxiety and actually perpetuate more worry and gives one the sense of losing control. However, as much as anxiety feels out of control, it is in fact, something that we can learn to overcome. There are many effective strategies we can use which will help us reduce our negative thought patterns, reduce the physiological anxiety response, and develop more effective behaviors to avoid falling into the anxiety cycle.

What can you do? There are many things that you can do to overcome your battle with test anxiety. Here are a few on-campus resources:

Make an appointment with a counsellor in Counselling Services to learn some effective test anxiety reduction strategies;
Inquire about a Test Anxiety or the Performance Anxiety and/or a Relaxation group for help with the physiological symptoms in Counselling Services;
Read Edmund Bourne's Anxiety and Phobia Workbook in the LRC.

A Message from Counselling Services, 1A101.

Performance Anxiety Group

DO YOU WONDER...?

- Why can't I perform well on my placement or on presentations, or blank out on tests when I know my stuff?
- Why bother trying? I'm going to fail anyway.
- Am I a failure unless my work is perfect?
- Am I afraid of making mistakes, being embarrassed and the disapproval of others?

Learn how to change your self-defeating thoughts.

Join our....

PERFORMANCE ANXIETY GROUP

And manage anxiety instead of letting it manage you!!!

To register bring a copy of your timetable by

Wed. November 4th COUNSELLING SERVICES, 1A101.

Shortly after, the group will run for 4 weeks (most convenient time to be determined by student schedules - student will be contacted).

Rogers' donation funds scholarships

By JANELLE SCHEIFELE

Some dedicated broadcast journalism students could exchange their hard work for money.

On Sept. 18, Rogers Broadcasting Ltd. was on site at Conestoga College to announce a \$33,000 donation that is earmarked for scholarships and bursaries for second-year broadcast journalism students. The money will be awarded at the journalism banquet in March.

The money has been divided into five \$5,000 scholarships and four \$2,000 bursaries.

Paul Godkin, the journalism-broadcast co-ordinator, thinks that the money will have a positive impact on the program.

"It's enough money that people will really want to go for it," he said.

Godkin hopes the possibility of winning major dollars will help motivate students to do extra work and go "above and beyond" basic course requirements. He thinks hard work will increase work quality, thus giving the program a better reputation, which, in

turn, will attract excellent students who will produce even better work.

Although the criteria for the awards haven't been finalized, Godkin anticipates it will comprise an application, interview and possibly a portfolio or work sample. It will look at academic achievement in coursework and also extracurricular activities that demonstrate a dedication to broadcast journalism.

"Are you doing the bare minimum or going above and beyond?" Godkin asks students. "You basically need to distinguish yourself."

Pam Gruetzmacher, 19, a second-year broadcast journalism student, plans to apply for the scholarships and, if she won, would use the money to get a good start on her career.

"It would give me options to move out on my own somewhere," she said.

Overall, Gruetzmacher hopes the money will be awarded to a worthy student.

"People who put in extra effort," she said. "There are some people you know who really deserve it."

Learning to survive

By ALEX COOKE

International students attending Conestoga College got a crash course on survival at Doon campus on Oct. 26.

Survivor Conestoga 2009 was held in the blue room cafeteria from 2 to 5 p.m., and featured demonstrations on student life, safety and security and alcohol and drug awareness. As well, a regional public nurse was on hand and information on nutrition and healthy relationships was provided.

"There is a period of cultural adjustment, and this is designed to help," said Pauline Shore, co-ordinator for the English language studies program.

Ricardo Moreno, a first-year ELS student from Columbia, enjoyed the lessons..

"It was helpful for me because I got to know about the college," Moreno said.

Dianne Roedding, a public health nurse with the Region of Waterloo, talked to students about safe sex. While a group of about 15 giggling newcomers watched her put a condom on a pink battery-operated device, she explained the dangers of

using oil-based lubricants with condoms.

"I think it's a great and fun way for them to learn what they need to know," Roedding said.

Melanie Reed, former co-ordinator of the ELS program, and retired part-time worker at Doon campus, handed out prizes to students who held winning tickets.

Each student was given a ticket at the beginning of the event.

When a winner went to claim his or her prize, donated by the college bookstore and Tim Hortons, they first had to share three things they had learned that afternoon.

"We have this event because international students might not know how to keep safe in their new community," Reed said.

Second-year ELS student, Areej Ben Khagal, learned of services available at Conestoga.

"I didn't know about the Walk Safe program, or about the security telephones in the parking lots," said Khagal. "It was great to learn so much about Canada too."

Centre makes dreams come true

By MITCH MUIR

You'll love what Mom has done with the place. Not for how it looks, but for its incredible atmosphere.

The Waterloo Regional Dream Centre has been located at 659 King St. E. in Kitchener for six years. Rev. Lorey Blackmore, 47, began helping people 22 years ago.

The dream centre started on Market Lane in Kitchener. For Thanksgiving, they served dinner to 342 people. They also provide hot meals to residents and anybody who walks in on Saturday afternoons from 1 to 3 p.m., and Sundays after worship service at 3 p.m.

Blackmore, also known as Mom, along with the help of several volunteers, has managed to take an old warehouse and convert it into a home where people can hang out.

Staff at the non-profit dream centre help people by providing a meal program, hampers from the regional food bank, clothing, prayer time and worship services on Sundays.

"When we first began, we had a lot of gang-related groups," said Blackmore. "We had a number of the Bloods, the Crips, Slingers, KBS (Kapit Bahay boyS) S.U.K. (Stick 'em Up Kids) and the Bomb Squad."

They still have people with gang issues stop by regularly. They also see people come in who are struggling with prostitution, severe mental health issues, homelessness and many other problems.

"We see a lot of youth," said Blackmore.

They also see single-parent families and families who are working poor and just need help.

The area the dream centre is in was once called "Crack-alley," and "Prostitute-alley." Those names, however, aren't used to refer to that area anymore. Since the dream centre moved there from Market Lane, crime in that area has gone down.

Blackmore said the residents at the dream centre love the ministry so much they police it themselves.

"They respect this area now. They make sure there is nothing happening in this vicinity that will give a bad name to the dream centre."

Blackmore and the rest of her volunteers believe it's through Christ that people change.

"We see them changing. I just got married two weeks ago and the gentleman I mar-



ried was someone who came from that type of lifestyle," said Blackmore. "If you looked at him when he first came here and then look at him now, you wouldn't be able to recognize him."

Don Blackmore, 61, is also known as B'More. As a youth, he was lead into a life of drugs and eventually became a dealer himself. He believes poverty is a major reason for creating what we refer to as "bad neighbourhoods."

"Low-income people who aren't educated, or people who haven't had the chance to finish school because of life's circumstances" are just a few of the reasons B'More could think of.

They both believe it may go deeper than that.

"It could be from mental health issues as well because they don't know how to keep their buildings (clean), or their house or apartment," said Blackmore.

Matt Boardman, 38, grew up on the streets of Toronto.

"I was selling large quantities of narcotics and I served a 10-year sentence," said Boardman. During his time in jail, he made a decision that would forever change his life.

"During the early part of my sentence, I turned my life to Christ," he said.

Boardman is a member of a church in Cambridge and is living at a halfway house in Kitchener until December. He is a regular at the dream centre, and strongly believes in its values.

"When one is converted, they need to go to a place where there's a dependency on God," he said.

Blackmore's story of Richard (a pseudonym) is one she'll remember for a long time.

"At one point, one of the guys came in (Richard), and he had quite a long blade on him stuffed down the side of his boot," said Blackmore. "He was ready to take out one of the other guys, who was a gang member. It ended up that I sat down and talked with him in a stairwell by myself. A couple of the other guys came up to me and said,

"Mom, you're really crazy to be sitting in a stairwell all by yourself in a secluded area, and this guy's packing a blade on him."

Blackmore said he was really stoned.

"They said, 'If he gets really rambunctious, he's liable to shank you. He could stick you with that thing.' I told them to go on and do what you have to do. They left me there and tried to keep an eye on me to make sure this wasn't going to go down, and the next thing I know, Richard is breaking down crying and he hands me the knife. I took it and gave it to one of the other guys and said 'Here, get rid of that dang thing.'

Her eyes are beaming as she continues with the story.

"Richard was crying and asked for a Bible," said Blackmore. "So he traded his knife in for a Bible. He still has drug issues and stuff like

that, but he's one of our regulars. When he gets really stoned, he's very hard to control, but for me, Richard is no problem."

Richard, like all the people at the dream centre, is a great influence on everyone there.

"It was him, a head gang leader, calling the pastor his dawg," said Blackmore. "The next thing we knew, we had the entire S.U.K. barking and carrying on in the church service. Then you come out knowing you're Pastor Dawg."

"There were some that came outside and said, 'What just happened here?' and I said, 'Never mind, you don't want to know.'

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HOROSCOPE

Week of Nov. 2, 2009



Aries
March 21 - April 19



In the same day you will get both a sunburn and frostbite. It would be wise to pay better attention to the weather forecast.



Taurus
April 20 - May 20

On Thursday you will find a marmoset in your bathroom. The marmoset will be quite irritated. The mood of the ocelot that will be in there on Saturday is undetermined.



Gemini
May 21 - June 21

An Ananthropomorphic Rastafarian feline will wake you. Do not be alarmed; this is simply part of a dream.



Cancer
June 22 - July 22

Your teeth will pick up phone calls on the Fido network this week. By the weekend this will pass. Take thorough notes, this may be a source of income.



Leo
July 23 - August 22

At some point this week a shipping container packed with VHS cassettes will be delivered to your home. This will become a bigger hassle than it seems.



Virgo
August 23 - September 22

Your home will be invaded by the Golgotha excremental demon. The demon will be much easier to vanquish than the stains and smell.



Nick Dasko is a second-year journalism student holding fate in the palm of his hand.



Libra
September 23 - October 22



Ralph Nader will berate you incessantly from Tuesday morning until Thursday afternoon. He has the wrong number.

Scorpio
October 23 - November 21

The work of Eddie Vedder will entertain you for a few days. The remainder of the week will be spent trying to decipher his lyrics.

Sagittarius
November 22 - December 21

Men will follow you around every hour of the week referring to you as Mix Master Mike. If you play music they will rap.

Capricorn
December 22 - January 19

On Thursday a Robertson screw will fall out of your nose. You will spend your weekend trying to figure out how it got up there.

Aquarius
January 20 - February 18

Solicitors will harass you at home all week. A collection of signs on your door will bring an end to this. Remember that you need multiple signs.

Pisces
February 19 - March 20

Someone will try and convince you that Jake and Amir are funny. Jake is a bit of a jerk and a bully and Amir is simply annoying.

'Green' tape dispenser wins

Woodworking student now competes in Wood WORKS! Awards Program

By MICHELLE SUMMER

Ian Hartmann is helping the world go green one tape dispenser at a time.

Hartmann, a second-year woodworking student at the college, won a first prize of \$3,000 after creating a wooden tape dispenser.

Students in the program could choose to create any object from wood and submit it for the contest here at Conestoga. Competing against Hartmann was third-place winner, Tiler Runstedler, who created a shelving unit which could be folded for easy storage.

Hartmann chose to construct a tape dispenser because it was easily marketable and is used regularly at homes and offices.

"I then drove over the unit with a 5110-li. van, which with one tire in contact with the unit, would be around 1300 lis."

— Ian Hartmann



PHOTO BY MICHELLE SOMMER

Ian Hartmann, a second-year woodworking student at the college, won first place in the program's woodworking contest for his wooden tape dispenser. He is now entered in the Wood WORKS! Awards Program.

ferent surfaces. With this test complete and the tape dispenser still in good condition, Hartmann took it to the next level.

"I then drove over the unit with a 5110-li. van, which with one tire in contact with the unit, would be around 1300 lis."

The only visual effects were scratches from it sliding under the tire against the ground," he said.

With all these tests complete, Hartmann had more than proved the value of his wooden tape dispenser. But winning first-place at the school is not where it ends.

Hartmann, along with the other first-prize winners from other colleges, are now entered into the Wood WORKS! Awards Program. There are several prizes including ones for the best product and the best marketing plan.

The contest will take place at the ninth annual Wood WORKS! Awards Gala in Toronto on Nov. 5. Prizes range from \$5,000 for first place to \$1,000 for third.

After a little creativity and several hours of hard work, the eco-friendly tape dispenser might continue to pay off for Hartmann.

Hartmann tested its strength by dropping it from different heights and onto dif-



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Shocking collapse at the feet of the Sting

By MITCH MUIR

As the Conestoga Condors men's varsity soccer team walked off the pitch Oct. 20, a single burning question demanded an answer: How did a team that allowed only four goals against them all season lose to Seneca 5-1?

Before the game began, head coach Aldo Krajcar decided to try to get a little bit more offence. The team went 4-1-6 through the season, scoring 13 goals. That was good enough for second place in the West division, but they only ranked 14th in goals out of 18 teams. They made the playoffs due to their intense defensive play.

"We tried to shuffle our players to play different positions because we have a hard time scoring goals," said Krajcar. "It's not that we didn't trust the players, but they said they've played the positions before and it didn't work out for the first two goals."

He said in the end they played a team that was better

than they were.

"Defensively, we didn't play the game we were capable of playing."

In terms of defence through the regular season, the team was very good.

"That's not my style of play. I wish we could play more offensively," said Krajcar.

Joey Chaves was a rookie on the team this year. He said they just didn't play well at all.

"We didn't follow our man in the first half and we got behind early, and they finished us. We tried to get back and couldn't, but we played well in the second half for sure."

Despite the embarrassing loss, he knows the year was a very positive one for the Condors.

"We made the playoffs. It's my first year, and to make the playoffs is (great)."

Sean Fisher played in all 11 games for the Seneca Sting, and said his team played great.

"We started off well for the first 15 minutes and we



James Maclean (4) of Conestoga is shoved into a Sting sandwich during the men's quarter-final match against Seneca at St. Joan of Arc High School. The game took place in Toronto on Oct. 20.

applied pressure and got a couple goals. The beginning of the second half was a little shaky, but we finished up strong, so it was a good game."

Seneca finished the regular season with a 7-2-2 record and 35 goals in their favour to 15 against. The team had the third most goals heading into

the playoffs.

"We had a couple glitches," said Fisher. "But throughout (the year) we did pretty well. We could tighten up through the middle a bit, but we've had a really good season so far." Shane Lowry lead the Condors in scoring this year with three. In contrast to the other teams that made the

playoffs, their goal leaders averaged 10 goals through the regular season.

The Condors are looking for a goalkeeper next season because Shane Ditchfield is graduating. Krajcar also hopes to get a good striker for next year so they can compete better with other teams.

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